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HOW DRUNK HISTORY WENT FROM A COMEDY BIT TO AN ONLINE AND TV HIT PAGE 8

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HOME SWEET HOME

Joey Wong and his young family will be moving into one of the eight homes Habitat for Humanity Manitoba is building in Riverbend this week. Wong worked on his new house with hundreds of volunteers Monday. See the full story on page 2. SHANE GIBSON/METRO

Manitoba MP Toews resigns

Leaving public life. Public safety minister cites family commitments

A federal cabinet minister who suggested his opponents were allies of child pornographers and saw details of his sordid divorce on social media while he argued for increased Internet surveillance is leaving public life.

Public Safety Minister Vic Toews announced Monday, in the leadup to an anticipated cabinet shuffle, that he was resigning as MP for the Manitoba riding of Provencher effective Tuesday.

"I am leaving public life in order to focus on my family and to pursue opportunities in the private sector," Toews said.

Toews, 60, was first elected to the House of Commons in 2000 under the banner of the Canadian Alliance and was re-elected four times. In the last federal election in 2011, he won the seat for the Conservatives with just over 70 per cent of the vote. He was solicitor general and minister of justice before he was appointed to the public safety portfolio. He was also named president of the Treasury Board in 2007 and again in October 2008.

Former MP Vic Toews METRO

"I've been in politics for a long time," he told radio station CHSM in Steinbach, Man. "One of the commitments I made to my spouse, by the time my young son goes to school, I will have left politics. He is entering Grade 1 this year and I think it is time to go.

He said he leaves public office "at a time when I believe our country is more sensitive to the needs of victims, more fiscally sound and safer for citizens and future generations of Canadians."

The Canadian Taxpayers Federation said Toews is entitled to a pension of $79,584 a year, indexed to inflation.

"My sincere thanks to @toewsvic as he leaves Parliament," tweeted Prime Minister Stephen Harper. "Best wishes for the future."

Speculation has already begun as to who will take Toews's place as Manitoba's regional cabinet minister.

Richard Sigurdson, dean of arts at the University of Calgary, said Manitoba backbenchers Shelly Glover and Candice Bergen could be due for a promotion: "The prime minister does have some interesting possibilities going forward and many of those possibilities will look quite a bit different from Vic Toews." THE CANADIAN PRESS

NEWS

New homes

Habitat for Humanity goes on Winnipeg building blitz

The rhythmic din of thousands of nails being pounded into place filled Winnipeg's Riverbend neighbourhood Monday as Habitat for Humanity Manitoba got to work on eight new homes for the community.

And the sound was music to Joey Wong's ears.

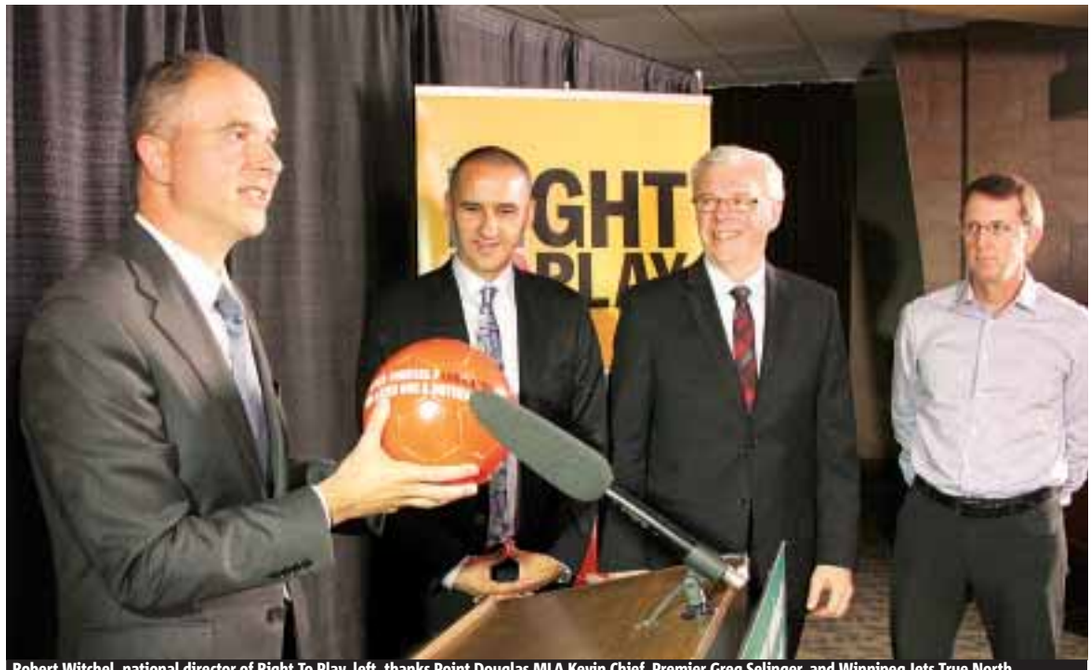
"This is fantastic, it's a great opportunity for us," said Wong, who will move into one of the four custom built two-storey side-by-side units with his wife and three kids this fall. "There's so many people that are helping out and it's a great service that they're doing."

Wong was among well over 100 volunteers helping to build the homes along Fernbank Avenue, and Vern Koop, director of construction for Habitat for Humanity Manitoba explained that's part of the deal for the eight families who qualified to buy the homes.

"They have to be able to partner with us and put in 500 hours of work," he said, adding the families each end up owning the homes thanks to interest-free mortgages secured through Habitat. "It's a break for them — the chance in a lifetime."

All in all, Koop said the work in Riverbend should take roughly three weeks, spanned over the summer, and the homes are among 16 Habitat for Humanity Manitoba is building in the city this year.

SHANE GIBSON/METRO



Robert Witchel, national director of Right To Play, left, thanks Point Douglas MLA Kevin Chief, Premier Greg Selinger, and Winnipeg Jets True North Foundation chair Mark Chipman for joint funding to bring the group's programming to two Manitoba First Nations, Monday. SHANE GIBSON/METRO

Jets, province bring PLAY to First Nations

Right to Play. Joint funding used to bring yearlong pilot project to kids in northern communities

SHANE GIBSON
shane.gibson@metronews.ca

The province and the Winnipeg Jets True North Foundation have partnered with Right To Play to bring the international organization's child empowerment programming to two Manitoba First Nations.

With $250,000 in funding announced at the MTS Centre Monday, Right to Play has kick started its Promoting Life-skills in Aboriginal Youth (PLAY) program in Fisher River Cree Nation and Pine Creek First Nation.

"To play is to learn, and what you learn through sport and play is leadership ... and really being part of the team," said Robert Witchel, national director of Right To Play. "What we believe ... is that if you are to reach your full potential as a child, you have to play."

The funding is split equally between the province and the Winnipeg Jets' charity arm dedicated to improving the quality of life of disadvantaged kids.

The PLAY programs centre around a community mentor who develops regular activities with the children and include activities like sports and reading clinics, according to Witchel.

"We keep it engaging for the kids," he said, adding the money will pay for the first year of the programming in each community. "We're trying it out as a pilot ... and so far it's going really, really well."

Fisher River Cree Nation Chief David Crate said PLAY has "added a new dimension" to the community's existing programming that would not have been possible otherwise.

"It's always important, we think, to continue to develop youth leadership in our community," he said. "This provides opportunities for the youth, not only physical, spiritual, mental and emotional (opportunities) … but also just the chance to have fun."

Right to Play

- Right to Play reaches over 1 million children a week in countries around the world, encouraging education and empowerment for kids facing adversity through playing games and sports.

Russell Brand's tour includes stop in the city

British bad boy Russell Brand is bringing his Messiah Complex to Winnipeg's Burton Cummings Theatre on Aug. 25.

The website for Brand's standup comedy tour states his show will also feature Jesus Christ, Che Guevara, Gandhi, Malcolm X "(& Hitler)."

Brand is known for his movie roles in Get Him to the Greek and Despicable Me, as well as his short-lived marriage to singer Katy Perry.

Tickets for the show go on sale at 10 a.m. on Tuesday via ticketmaster.ca.

Ticket costs are between $49.50 and $74.50, plus fees.

METRO

Comedian Russell Brand
GETTY IMAGES

Gillam

Body of chopper pilot recovered

The body of a pilot whose helicopter crashed near the northern Manitoba community of Gillam has been recovered.

RCMP said its underwater recovery team located the deceased 69-year-old man from Surrey, B.C., on Sunday at the crash scene. His name will not be made public.

The helicopter is believed to have gone down on July 2. That day, the Joint Rescue Coordination Center in Trenton, Ont., was notified that the Bell 206 helicopter was overdue.

Based on that information, near midnight that evening, a Royal Canadian Air Force CC130 from 17 Wing in Winnipeg was sent out to search for it.

The wreckage was found at a remote site about 50 kilometres west of Gillam at Gull Lake. METRO

Possible animal cruelty.
Province, RCMP involved after GuZoo video leaked

Provincial government officials are "following up" on new photos and videos it became aware of Monday that are fuelling criticism against Alberta's roadside GuZoo.

Carrie Sancartier, spokesperson for Alberta Sustainable Resource Development, said it's far too early to determine if the facility, which had its licence previously revoked in 2011 and then reinstated under strict guidelines, violated operating procedures.

"We are going to follow up and find out as much as we can about the video and go from there," Sancartier said.

Metro first reported Sunday on new footage and photos from the controversial facility, which opened in 1990. It appeared to show filth in birdcages, maggots in food left in a cage with domestic cats and at least four animal carcasses stacked by other trash.

"Domestic terrorists is what they are," owner Lynn Gustafson said of the whistleblower who shot the video. "The government has six months to do something about this group … or I will shut my gates to the public. "

Three Hills RCMP received a complaint of trespassing at GuZoo Monday, confirmed Const. Rob Harms.

JEREMY NOLAIS/METRO IN CALGARY, WITH FILES FROM THE CANADIAN PRESS

Windsor

Cops find more than 100 dead cats in man's apartment

A southern Ontario man has pleaded guilty to charges stemming from the discovery of dead cats in his freezer and refrigerator.

Authorities say 155 dead felines and 49 living ones were found in a one-bedroom apartment in downtown Windsor, Ont., last December following complaints about excessive cats. The apartment was also littered with puddles of urine and feces while autopsies found the cats had been cannibalizing each other. THE ASSOCIATED PRESS

Orphaned. Grizzly on the wagon home from rehab

An orphaned grizzly bear that was found near starvation six months ago headed back home to the wild in Golden, B.C., on Monday after filling up on grapes at a rehabilitation centre that nursed it back to health.

Tika, whose name means Brave One in a First Nations language, was cared for at the Northern Lights Wildlife Society, which runs a unique pilot project in partnership with the International Fund for Animal Welfare and British Columbia's forests and environment ministries.

The grizzly wandered into a backyard last December and was captured by a conservation officer and then brought to the centre in Smithers, B.C., just before Christmas.

THE CANADIAN PRESS

A little doe in the Big Apple

This photo shows a newborn Southern pudu, native to Chile and Argentina, a member of the world's smallest deer species, that was born at the Queens Zoo last month in New York. The doe weighed one pound at birth. JULIE LARSEN MAHER/WILDLIFE CONSERVATION SOCIETY/THE ASSOCIATED PRESS

Five men trapped in trees by tigers rescued

5-day standoff. One of six men fatally mauled after cub was accidentally captured

Rescuers on Monday reached five men trapped in trees by several Sumatran tigers for five days after the angry animals mauled a sixth man to death, police said.

First Lt. Surya Purba said three tamers managed to drive the tigers away before the men, who were in weak condition, were evacuated from trees in the protected Mount Leuser National Park in Tamiang, an Aceh district neighbouring with North Sumatra province in Indonesia.

The men were looking for rare agarwood — used to make incense and perfume — and accidently caught a tiger cub in a trap they were using to catch deer for food, said district police chief Lt. Col. Dicky Sondani.

The incident caused five other tigers in the area to attack the men, Sondani said, citing reports from villagers who received mobile phone messages Thursday from the survivors. One of the men was mauled to death, while the five others managed to climb into trees.

Fighting for his life

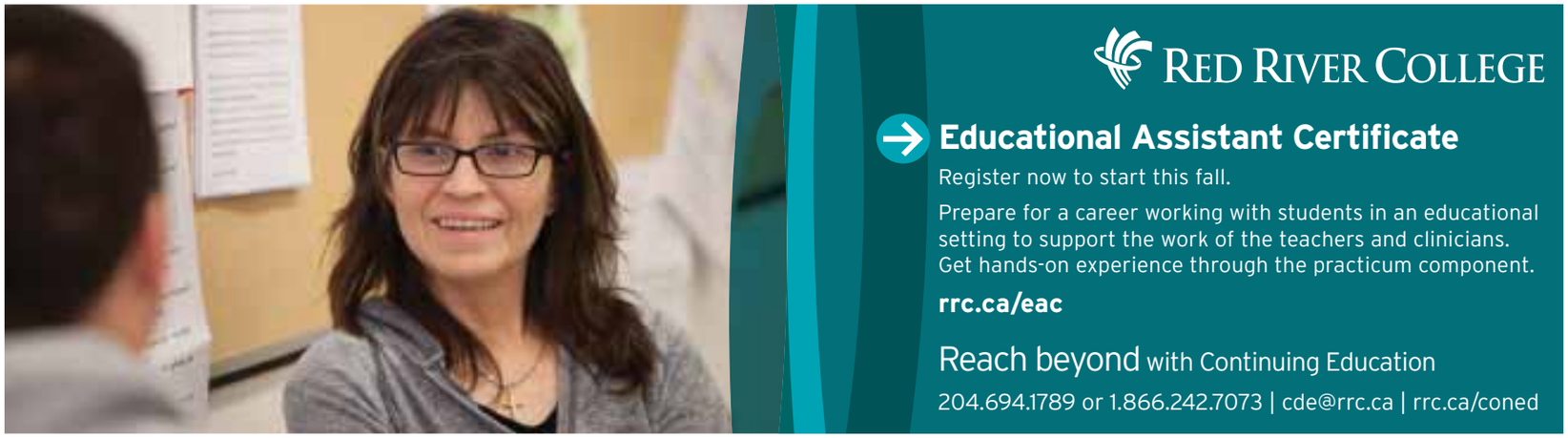
"The branch broke, causing him to fall to the ground."

First Lt. Surya Purba, on a man who was mauled to death by tigers after managing to climb a tree.

The rescue team needed three days to reach the rugged area, said Sondani, who was worried that the men could be weak and fall from the trees due to a lack of food.

"I received a report from rescuers that they have just evacuated the men after tamers managed to drive away the tigers," Purba said. "They are all in weak condition." He added they survived by drinking rain water.

THE ASSOCIATED PRESS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METRO CUSTOM PUBLISHING

Transit Tuesday

Weekly Transit News Update

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Record rains drench Toronto commuters

City streets flooded.
Severe thunderstorms cause blackouts, havoc on roads around T.O.

A woman dove head-first through the window of her marooned car before wading away in the thigh-deep water in Toronto on Monday. A lot of drivers abandoned their waterlogged vehicles. FRANK GUNN/THE CANADIAN PRESS

Record-smashing rains knocked out power for hundreds of thousands of residents across the Greater Toronto Area, including the majority of Mississauga, and so badly flooded some roads and major highways that drivers abandoned their waterlogged vehicles.

Mississauga, a city of more than 700,000, saw some of the worst of the blackouts with 80 per cent of the community plunged into the dark, according to power distributor Enersource. By around 10 p.m., only about 50,000 were without power.

Environment Canada said some parts of the GTA had been drenched with more than 100 millimetres of rain, trouncing the previous one-day rainfall record of 29.2 mm in 2008 for Toronto and even beating the 74.4 mm monthly average for July.

Water from flash flooding poured out of sewer drains while Toronto's downtown core was dotted with abandoned vehicles, some sitting in water up to their windows. One woman, sporting a T-shirt and shorts, dove head-first through the window of her marooned car before wading away in the thigh-deep currents.

Drivers were not the only ones dealing with problems getting around after the severe thunderstorm system hit about 5 p.m.

All of Toronto's subway service was temporarily halted due to power and signal issues. Some stations were also flooded. Partial service later resumed but large parts of the system were still shut down.

Go Train commuter service was also disrupted after portions of track along the western Lakeshore and Richmond Hill lines were left under water.

A rush-hour train became stranded in floodwaters up to the lower windows as it made its way north to Richmond Hill. The murky brown water spilled through the bottom floor of the carriages and sent riders fleeing for dry ground in the upper sections of the train.

"There's a full-on river on either side of us... We. Are. Stuck. Hard," passenger Jonah Cait quipped on Twitter.

Metrolinx spokeswoman Vanessa Thomas said the power was shut off and windows cranked open for ventilation on the double-decker train, which can carry up to 1,900 people.

Commuter Mike Li said the green-and-white train became stuck in a dipped part of the track and was trying to back out when it became paralyzed by encroaching floodwater.

THE CANADIAN PRESS

Flights cancelled

Air travellers were also affected.

- Porter Airlines tweeted at about 7 p.m. that it had cancelled all flights out of the city's downtown airport due to power outages in the terminal.
- Flooding even claimed Pearson airport's website offline, as its computer server room got soaked by flooding.

Buckingham Playschool

Royal baby will have a cousin to play with

Buckingham Palace says Queen Elizabeth II's granddaughter Zara Phillips — the 14th in line to the British throne — and rugby star Mike Tindall are expecting their first child in the new year.

The 32-year-old Phillips, an Olympian, is the daughter of Princess Anne and Capt. Mark Phillips. The child will be Anne's third grandchild, as her son, Peter Phillips, has two daughters. THE ASSOCIATED PRESS

A true prince(ss)

Can Your Royal Highness say "da-da"?

The world may not yet know if Kate Middleton and Prince William are having a boy or a girl, but we at least know what the tyke's official title will be.

The newest member of the royal family, due this month, will be crowned His or Her Royal Highness the Prince or Princess of Cambridge, according to the Daily Mail. His parents are the Duke and Duchess of Cambridge.

METRO WORLD NEWS

Insufficient supervision

Drilling company admits guilt in worker's death

A drilling company has pleaded guilty in the death of a worker in Saskatchewan.

D.J. Drilling (2004) Ltd. of Vancouver, operating in Saskatchewan as J. D. Drilling Co. Ltd., was charged under the Occupational Health and Safety Regulations for failure to ensure that all work at a place of employment was sufficiently and competently supervised.

THE CANADIAN PRESS

Coal burning

Polluted air linked to shorter life span in China

A new study links heavy air pollution from coal burning to shorter lives in northern China. Researchers estimate that the half-billion people alive there in the 1990s will live an average of 5 1/2 years less than their southern counterparts.

China itself made the comparison possible: for decades, a now-discontinued government policy provided free coal for heating, but only in the colder north.

THE ASSOCIATED PRESS

Asiana crash. Coroner to verify findings on whether girl was killed by fire truck

A coroner said Monday he would not report for "at least two or three weeks" whether one of the two Chinese girls who died in the Asiana Airlines plane crash in San Francisco was struck and killed by an emergency vehicle.

San Mateo County Coroner Robert Foucrault said that while autopsies of the two teens have been completed, he wants to review information from the public safety agencies that responded to Saturday's crash and audio dispatch files before determining their causes of death.

"This is a very high-profile case and has obviously generated a lot of attention," Foucrault said. "I want to make absolutely sure my conclusions are correct."

San Francisco fire officials acknowledged that one of their trucks may have accidentally struck one of the two girls, who were the only fatalities.

The two victims, Ye Mengyuan, left, and Wang Linjia, in an undated photo. THE ASSOCIATED PRESS

Federal accident investigators have reviewed airport surveillance footage to see if it showed someone being struck by a fire truck on the runway and found "it wasn't conclusive," National Transportation Safety Board chairwoman Deborah Hersman said.

THE ASSOCIATED PRESS

Egypt. Brotherhood calls for all-out rebellion after protest ends in 54 deaths

Egyptian soldiers and police clashed with Islamists protesting the military coup in bloodshed that left at least 51 protesters and three members of the security forces dead, officials and witnesses said.

The deaths plunged the country deeper into crisis, with calls by the Muslim Brotherhood's political party for all-out rebellion against the army.

The carnage outside the Republican Guard building in Cairo marked the single biggest death toll since massive protests forced President Mohammed Morsi's government from power.

Even before all the bodies were counted, there were conflicting accounts on how the violence began. The pro-Morsi protesters said the troops attacked their encampment without provocation just after they had performed dawn prayers. The military said it came under a heavy assault, first by gunmen who killed an army officer and two policemen.

Witnesses from outside the protest camp said troops appeared to be moving to clear the days-old sit-in and were firing tear gas when gunfire erupted.

More than 400 were wounded in the mayhem, officials said. THE ASSOCIATED PRESS

Soldiers hold fast around the Republican Guard building, where the carnage took place, in Nasr City in Cairo. KHALIL HAMRA/THE ASSOCIATED PRESS

Players point fingers while town carries on

Lac-Mégantic disaster. Rail company and the fire service of a nearby town blame each other

Raymond Lafontaine, who lost a son and two daughters-in-law, hugs Maud Verrault, who worked at the Music-Cafe Bar and lost friends and colleagues, at the Lac-Mégantic refugee centre on Monday. RYAN REMIORZ/THE CANADIAN PRESS

The finger-pointing has begun in Quebec while investigators search for causes of a devastating train derailment that has triggered a still-rising death toll.

Statements from various players pointed Monday to a possible dispute about what happened and who's to blame.

The main antagonists are a rail company and the municipal fire department in a town near the ruined Lac-Mégantic.

The fire chief in Nantes, Que., said he can't believe a train was left running and unattended in the hours before the disaster, when it had already just been in flames.

Patrick Lambert said his team had been trained by the Montreal, Maine & Atlantic railway to handle fires on its line — and that it had fought four fires on the company's trains in the last eight years.

Firefighters intervened late Friday to put out the blaze in Nantes, about 10 kilometres up a slope from Lac-Mégantic.

Hours later, that same train rolled down into Lac-Mégantic, derailed and exploded, killing at least 13 people and leaving nearly 40 more missing.

Lambert said the engine was shut off as per standard procedure and the blaze was extinguished in under an hour.

"The people from MMA told us, 'That's great — the train is secure,'" Lambert told reporters. "We were given our leave."

The rail company tells the story differently.

Edward Burkhardt, the president and CEO of parent company Rail World Inc., suggested Monday that the fire crew didn't do enough — and that the decision to shut off the engine to put out the fire may have disabled the brakes.

"As the air pressure deflates, (the brakes) will become ineffective and an hour or so after the locomotive was shut down, the train rolled away," Burkhardt told the CBC on Monday.

While the fire service said it left the train in the care of a track-maintenance employee, Burkhardt said it's possible that person might not have known how to secure the breaks.

"When they get a call about a locomotive having a fire, why did they not rouse the engineer (from bed) and take them out there with them?" he asked.

THE CANADIAN PRESS

New reality in Lac-Mégantic

The town of Lac-Mégantic began its work week in anything but working order.

- **Ruin.** Dozens of businesses and homes were destroyed. A grocery store, a dollar store and a popular bar are gone. So is the municipal library. Other areas are off-limits.
- **Death.** The coroner's office asked relatives of people missing to provide DNA — like on a toothbrush — to help identify victims.
- **Sympathy.** From England, the Queen offered her condolences Monday for what she described as a shocking loss of life.

Effect on pipeline vs. rail debate

The deadly explosion highlights the risks that come from transporting oil, no matter the method.

Spills from rail cars occur more frequently than from pipelines, but tend to be smaller. And pipelines can be built to avoid population centres and fragile ecosystems, while trains travel routes where such concerns often were not weighed.

The Quebec disaster underscores a trend in which North America's oil is increasingly transported by train, as plans for new pipelines stall.

Since 2009, the number of train cars carrying crude oil hauled by major railroads has jumped nearly 20-fold.

Prime Minister Stephen Harper, who has been pushing the U.S. administration to approve the Keystone XL pipeline, has called railroad transit "far more environmentally challenging."

Fadel Gheit, an energy analyst at Oppenheimer & Co. Inc., said it would be a mistake to view the disaster as a boost for the Keystone project — and that Harper will need to persuade the Obama administration on the project's merits, rather than the dangers of rail. THE ASSOCIATED PRESS

Crews search through the rubble on Monday. RYAN REMIORZ/THE CANADIAN PRESS

Are the new Twinkies a bit too well-preserved?

Twinkies don't last forever, but they'll have more staying power than most people remember when they return to shelves next week. Hostess Brands LLC says the spongy yellow cakes will have a shelf life of 45 days when they start hitting stores again July 15. That's nearly three weeks longer than the 26 days that the old company — which went out of business last year — had stated as the shelf life for Twinkies. A spokeswoman for Hostess declined to say what changes were made to extend the shelf life, saying that it is proprietary information.

THE ASSOCIATED PRESS

Mortgage rules

19% of first-time homebuyers have delayed purchase

A new BMO study suggests roughly one in five potential first-time homebuyers have postponed their purchase since Ottawa tightened mortgage rules last year. Finance Minister Jim Flaherty introduced his new lending rule a year ago Tuesday. Since then, 19 per cent of those polled by BMO say they have decided to wait longer to buy their first home. THE CANADIAN PRESS

Market Minute

DOLLAR
94.70¢ (+0.07¢)

TSX
12,208.87 (+73.96)

OIL
$103.14 US (-8¢)

GOLD
$1,234.90 US (+$22.20)

Natural gas: $3.74 US (+12¢)
Dow Jones: 15,224.69 (+88.85)

Agency beams ads into rail commuters' heads

Ad agency BBDO Germany is testing out a new way to market products to rail passengers. When someone's head touches a train window, it activates an ad that uses so-called bone-conducting technology — which makes it sound as if the commercial is playing in the passenger's head. ISTOCK

Germany. When a sleepy passenger leans his head against a window, an ad with bone-conducting technology is triggered

KIERON MONKS
Metro World News

The European marketing world has a new trick that may prove difficult for people to escape — especially those who happen to nod off while on a train.

Ad agency BBDO Germany has been testing a system that transmits a message from the windows of a train. Using so-called bone-conducting technology, the ad is activated when a commuter's head touches the glass and enters their inner ear, playing only for them.

"Passengers were pleasantly surprised," a spokesperson told Metro, following trials on public transport in North Germany with an ad for Sky Media. "It can also be used for entertainment, weather updates and so on."

Similar bone-conducting technology is used in the forthcoming Google Glass device, and the model could become common if successful.

"It's at the trial phase and the public reaction will decide if this takes off," Ian Barber of the Advertising Association told Metro. He added that "public space is the innovative sector" and near-field technology, facial recognition and augmented reality are all developing fast.

But reaction to the innovation has been mixed, with technology author Cory Doctorow describing it as "nightmarish," while some online comments included promises to smash the glass.

BBDO claim the prototype has been successful but are waiting on customers before announcing a roll-out date.

Quoted

"It's at the trial phase and the public reaction will decide if this takes off."

Ian Barber of the Advertising Association

Loonie rises amid strong housing data

The Canadian dollar closed higher Monday amid data showing surprising strength in the Canadian housing sector in May and a survey showing that Canadian companies remain cautious on investment and hiring.

The commodity-sensitive loonie also benefited from rising metal prices, and was up 0.07 of a cent to 94.7 cents US.

Statistics Canada reported that building permits worth $7.3 billion were issued in May, up 4.5 per cent from April. Economists had expected a drop in the neighbourhood of 10 per cent.

Back to parity?

- A new report from CIBC World Markets says the loonie should stay within a couple of cents of current levels for the rest of the year, then rebound to parity with the U.S. greenback by the end of 2014.

The increase in May came mainly from the residential sector in Ontario and the non-residential sector in Quebec.

Meanwhile, the Bank of Canada's latest survey of business intentions suggests Canadian companies are uncertain about the pace of the economic recovery. And the survey of 100 firms indicates corporate Canada is pulling back on their investment plans and keeping hiring modest.

The Bank of Canada itself has called on business to invest more in order to be in position to take advantage of the global economic recovery when it comes. But the survey suggests that executives appear to be saying the expansion must come first. THE CANADIAN PRESS

NARCISSISM? AT THE GYM? OBVI

SHE SAYS

Jessica Napier
metronews.ca

At 27 years old, I'm finally at a place in my life when I spend more time in sneakers than high heels. Weekends that were once spent partying are now devoted to working off the pounds I put on in my early 20s.

Every Saturday morning I haul myself out of bed to attend a ballet barre fitness class at a studio by my apartment. The hour-long class is filled with impossibly beautiful women, many of whom are trained dancers. I have all the grace of a rhinoceros in comparison to these elegant and toned swans but I figure as long as I keep showing up it's got to count for something.

The instructor, a sculpted goddess who always looks as if she just finished a photo shoot for Shape magazine, insists that everyone watch themselves in the mirrors to ensure proper form and see how our bodies look as we go through the movements.

I have a hard time with this as I've always hated the idea of working out in front of any sort of reflective surface. I associated mirror-gazing with iron-pumping body builders and women who put on a full face of makeup and curl their eyelashes before heading off to their morning pilates class.

But the more I work out, the more I've come to realize that there's something to be said for a little bit of narcissism at the gym. Sure it's vain to admire your body while curling your biceps but hey, isn't the gym the most reasonable place to exercise a bit of vanity?

If you're spending a few hours a week working out, it's not entirely unreasonable to try and look good while doing it. For me, a big part of this means investing in a good workout wardrobe. I want my clothes to be high performing; but I also want them to look reasonably stylish. I know that most exercise routines could be completed in well-worn sweats; but throwing on an oversized T-shirt just doesn't motivate me to sweat it out nearly as much as a colourful, racer-back tank top.

I've caught some flak for my substantial collection of pastel Nike Frees and $90 yoga pants — you'd think I signed a sponsorship agreement with my local Lululemon — but it's petty to criticize people for incorporating a little fashion into their fitness routine. I'd rather someone judge me on the number of push-ups I can do in a row, not because you think my outfit is trying too hard.

If you head to the gym on a regular basis to get in shape, gain strength and sculpt your body, then it's not so objectionable to dress up a little and check yourself out every once in a while.

Follow Jessica Napier on Twitter @MetroSheSays

ZOOM

Pride and fibreglass

DAVID PARRY/PA/THE ASSOCIATED PRESS

Firth immortalized as Mr. Darcy from Pride and Prejudice

It's Colin Firth, but not as we know him. He's 3.7 metres tall and made of fibreglass.

A statue of brooding Mr. Darcy, the character played by Firth in Pride and Prejudice, was installed Monday in London's Serpentine lake.

The figure shows Darcy emerging from the water in a soaked shirt, recreating a scene from the 1995 television adaptation of Jane Austen's novel. The scene helped turn Firth into a sex symbol and is regularly voted among Britain's most memorable TV moments.

One of the sculptors, Toby Crowther, said the work took the lake scene as a starting point but also drew on other depictions of Austen's romantic hero.

The statue, which shows Darcy from the waist up, was placed amid the swans and swimmers in the Hyde Park lake to promote Drama, a new TV channel dedicated to British programs.

It is scheduled to go on display at several locations before being installed in a lake in Lyme Park, northwest England, where the scene was filmed. It will remain there until February.

THE ASSOCIATED PRESS

Viewers have their say

"We did a survey of 2,000 TV viewers and the most iconic moment was Mr. Darcy's emergence from the lake and his meeting with Miss Bennett."

Adrian Wills, general manager of UKTV channel Drama, told U.K. newspaper the Guardian.

Clickbait

HANNAH ZITNER
hannah.zitner@metronews.ca

So you're heading out of town and spent more time preparing your vacation wardrobe than booking your hotels. No problem. With more hotel help apps and websites around than you can throw a pina colada at, you should be able to find a place to stay faster than you can say "cerveza, por favor."

LONELY PLANET

Lonely Planet:
Known as the budget backpackers' bible, the Lonely Planet's website lets holiday makers of varying budgets find a place to stay from hostel beds to luxury resorts. Just plug in your dates, budget and LP does the rest.

Hotwire:
If you're looking for a five-star room at a one-star price, Hotwire's your site — as long as you don't mind surprises. Hotwire lets you choose the hotel based on the area and amenities you're looking for, but keeps the hotel name a secret until you've booked.

Booking.com:
Though the site does much the same as many of the other travel sites, booking.com also offers secret deals — kind of hybrid between traditional booking sites and Hotwire-type sites. It also alerts you when a room is the last available room in a hotel (which could just be a ploy to make you stop humming and hawing and book already).

Twitter

@metropicks asked: Would you smash a stranger's car window to save a dog? How about a child?

@mackaylc: What is the alternative, watching them die? I would definitely smash a window to rescue a child or animal in distress.

@canuckitude: The cost for the stranger to replace a window is nothing compared to the loss of a life. Child or Pet.

@MicheleCrystal_: my dad did for a dog when I was little! Still remember it and I def would if I saw one today

@koolkirbs: You can always buy a new window, but the life of a child cannot be replaced.

@howwon: Yes and I would stick around to snap a photo and shame them on the social media network.

Follow @metropicks and take part in our daily poll.

WE WANT TO HEAR FROM YOU: Send us your comments: winnipegletters@metronews.ca

metro

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DVD reviews

Dead Man Down

Director. Niels Arden Oplev

Stars. Colin Farrell, Noomi Rapace, Terrence Howard

●●●○○

The cautionary adage about weaving tangled webs in the process of deception certainly applies to this overwrought thriller, which topples from the weight of its own contrivances. This U.S. debut by Denmark's Niels Arden Oplev, who directed the original version of The Girl With the Dragon Tattoo, sets up a promising scenario of rival revenge seekers, played by Colin Farrell and Noomi Rapace. The premise gets knotted up through a tangle of Dragon Tattoo-style symbols, a surfeit of characters and subplots and a script by J.H. Wyman (The Mexican) that inspires snickers and eye rolls. All bets are off when the film resolves itself with the big, dumb explosive showdown that American films are noted for.

PETER HOWELL

The Gatekeepers

Director. Dror Moreh

●●●●●

A monolith crumbles in The Gatekeepers, and the sight inspires awe. Israeli documentarian Dror Moreh takes us inside the Shin Bet, his country's internal security and anti-terrorism service. He shines a spotlight not just on this shadowy operation — its motto is The Unseen Shield — but also on the conflicted intentions and mixed emotions of the men who run it.

PETER HOWELL

Derek Waters admits he's a 'snob' and said he was hesitant to put the Drunk History videos online. But he's glad he did. RICARDO TIRADO

Lots of drinking mixed with a little thinking

Drunk History. What started as a small bit for a comedy act is now an Internet phenom and show on The Comedy Network

NOLAN GAWRON
Metro World News in New York

Drunk History began as a short film for Derek Waters' comedy act, and that's all it was supposed to be.

"Its only intent was to be for a live show I was doing," Waters reminisces. "It was my own show and I was trying to show videos. I figured it was better to make people laugh than to put it online."

But it grew into an Internet sensation picked up by Funny or Die and now, seven years later, Waters and co-creator/director Jeremy Konner are bringing their Drunk History to The Comedy Network. Waters says his initial reluctance to even put the videos online came from how people used to view Internet comedy.

"It was right when the Internet was being judged by hits over comedy. I'm still a snob, but I was a bigger one back then," he says.

"Nothing really happened until we put it on the Internet and it got on the front page of YouTube and then Jack Black saw it and said, 'I always wanted to be Ben Franklin.' And that was that. You can't really turn down Jack Black. Why would you?"

Gathering comedic friends and notable fans, Waters and Konner film drunken narrators as they tell enthusiastic historic tales warped by inebriation, brought to life by celebrities with truly hilarious results. While it's hard to imagine that the participants are actually that drunk, Waters assures us that everything, even the vomiting, is the result of unscripted excess.

"It's 100 per cent real," says Waters.

"The narrators are completely drunk and the re-enactors are completely sober. We're trying as hard as we can to tell you about history. It just so happens that it's slightly altered."

But Konner says the narrators plan enough in advance that they at least try to get their stories straight. But that never happens.

"We absolutely allow the stories to take their course," he says.

"We go in with a plan and the plan goes out the window immediately. What's been funny and interesting in this process is that people know the story very well. They do the research — which they should — they brush up and read over their books. We think we know how the story is going to go, but no!"

Drunk on star power

Drunk history airs Tuesdays at 10 p.m. ET/PT on The Comedy Network.

Kris Jenner. Getting a little help from her friends

Kris Jenner isn't going it alone on her new talk show: Joan Rivers and Sean "Diddy" Combs will be among the co-hosts sharing the stage with Jenner.

The show's producer said Monday that Jenner will be paired with a different co-host for each episode of the daytime show, titled Kris.

Others in the lineup include Kathie Lee Gifford, Morris Chestnut, NeNe Leakes, Tom Bergeron and Ryan Seacrest, who produces Keeping Up With the Kardashians, which features Jenner and other family members.

Khloe Kardashian-Odom, one of Jenner's daughters, also will be a Kris co-host.

THE ASSOCIATED PRESS

Kris Jenner. GETTY IMAGES

Threads

Yeezus! Kanye's trying his hand at fashion again

Kanye West is true to his track Can't Tell Me Nothing as he silences his fashion critics with a design comeback.

"Yeezus," indeed. The rapper drops a new fashion line with French chic A.P.C.

@APC_FRANCE confirmed the new hook-up over Twitter, stating: "A.P.C. KANYE CAPSULE COLLECTION JULY 14."

It's West's first return to the fashion arena since last year, when his own-label womenswear collections were widely panned.

Kanye's collaboration with A.P.C. — known for its pared-down Parisian cool — will include jeans, hoodies and T-shirts. The clothing line also features a red "A.P.C. Kanye" tab.

METRO WORLD NEWS

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Actor Chris Pratt shows off his surprisingly fit physique. CHRIS PRATT/INSTAGRAM.

Andy Dwyer, is that you? Pratt's new pack makes us thankful for Instagram

Chris Pratt, who plays lovable small-town slacker Andy on Parks and Recreation, seemed to be getting into method acting this year — Andy got tubbier and tubbier as the season wore on.

Turns out it wasn't because of April's awesome cooking: Pratt was bulking up for a role in Delivery Man. But his next role will be a superhero in Guardians of the Galaxy, which requires him to bulk up in a different way, and as his Instagram account proves, he's been changing his lifestyle accordingly (and very successfully).

"Six months no beer. #GOTG Kinda douchey to post this but my brother made me," the actor captioned the above proud selfie. Pratt's brother deserves the praise of a grateful nation.

Pratt and his wife Anna Faris are the parents of one-year-old Jack Pratt. Not a lot of fanfare was made about baby Jack's somewhat premature appearance on Aug. 25 of last year. Instead of appearing on any magazine covers to showboat the news, Pratt tweeted this message to his followers, "It's a boy! Thanks for all your kind words. In lieu of gifts we ask that you mouth kiss a stranger."

Twitter

@Real_Liam_Payne
Can't even begin to remember who won bowling... Or why I'm awake???

@zaynmalik1D
Think I'm gonna have some weetabix with a banana now

@NiallOfficial
last night Louis made me rolly poly the whole way up the stage! regretting it! Back is destroyed in scratches and bruises from the stage

Is Jen pasting on a false pre-nuptial face?

Justin Theroux and Jennifer Aniston GETTY IMAGES

Jennifer Aniston and Justin Theroux stepped out together for the first time in a month amid rumours that their engagement has hit an impasse, with wedding plans reportedly on hold, according to Us Weekly. The couple — who were engaged a year ago — looked chipper enough while they went out to do some shopping in Beverly Hills on Sunday, but sources say Aniston may be putting on a brave face. "She has been cranky from the stress" of wedding planning and home renovations, a source says. "Justin's never seen her like this."

Part of me: Mayer ain't afraid to croon about Katy

John Mayer GETTY IMAGES

John Mayer is apparently done being shy about his feelings for Katy Perry. Before launching into the romantic tune a Face to Call Home during the kick-off of his summer tour in Milwaukee, Mayer offered an extended dedication to his on-again, off-again girlfriend, saying she is "more incredible than I ever thought," according to a fan's YouTube video of the concert. Mayer recounted how Perry was by his side while he recuperated from throat surgery in Montana. "She would order for me ... and she would tell people, 'it's nice to meet you, he says,'" Mayer explained. "She was so patient as to continue to get to know me and love me."

The Word

@DanielRadcliffe Dear Harry Potter, I'm Gabriel, from Brazil. Your tweet has 2 mistakes: "it has been" and "amazing".

@KimKardashian, you're beautiful. I'm Ana Beatriz from Brazil, I'm 8. Look, you wrote Were, but it's "we're". Kisses.

Hi, @justinbieber! My name is Maria, I'm 9 and I'm a fan from Brazil. Watch out: it's "we're here" not "we here". :)

#Adorable: Brazilian kiddies kick celeb spelling butt on Twitter

JULIA FURLAN
Metro World News

The scourge of bad grammar on the Internet often begins with the people with the most visibility. From Rihanna to Miley Cyrus, misspelled words, slang and general grammar mistakes are more or less the norm — but one Brazilian English language school is seeking to change that.

The English school Red Balloon, which has schools all over Brazil, is encouraging its young students to reach out to their idols on Twitter, correcting their grammar and spelling. Tweets like "@danielradcliffe Hi Harry Potter, I'm Gabriel from Brazil. Your tweet has 2 mistakes in it: 'It has been' and 'amazing'" are often accompanied by photos of the kids looking as adorable as the entire endeavour is.

Whether anyone is actually going to pay attention to spelling and grammar on Twitter, of course, remains to be seen. Until then, the #celebgrammarcops are at it, though they have yet to get any celeb replies, and celebrities have yet to take the grammar lesson to heart. Clearly.

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5 warm weather pitfalls

Canadians may revel in the splendours of summer — hot-weather clothing and open-toe footwear, trips to the lake or seaside, and the no-fuss joy of outdoor cooking on the grill. But those lazy days of summer also come with a slew of health hazards, from bug bites and burns to sore feet and serious injuries. Here are five of those summer stresses and how to avoid them.

THE CANADIAN PRESS

Lawn mower mishaps

It seems like a simple idea — turn on the mower and cut the grass. But each year, thousands of North Americans are injured performing this gardening task, sometimes seriously. From 1990 to 2006, 1,161 Canadians went to hospital emergency departments with lawn mower-related injuries, with roughly half of them aged 14 and under, statistics gathered by the Canadian Hospitals Injury Reporting and Prevention Program show. With hot weather, there's also a tendency for people to dress inappropriately for the job they're doing — mowing barefoot or wearing open-toe sandals and skimpier clothes that leave skin bare and vulnerable to injury.

Foot foibles

Ah, summer. Getting out of heavy winter boots and shoes and into open-toed and heeled footwear that makes tootsies feel cool and light. But wearing flip-flops or sandals can create unexpected problems. Thin soles can put the wearer at risk for cuts or punctures from walking over sharp objects like nails or broken glass. More often, such warm-weather apparel can lead to painful, achy feet, legs and back. Problems in the feet caused by unsupportive footwear like flip-flops can transfer up the leg, leading to biomechanical dysfunction — and pain — in the knees, hips and lower back. Spending hours sightseeing is best done with a supportive walking shoe — not a flimsy, flat- or low-heeled sandal.

BBQ boo-boos

There are few things that say summer like throwing steaks or burgers on the barbie. Yet backyard grillers need to remember it's the food they want to sizzle, not themselves. Most serious burns occur either because the chef lit the outdoor grill incorrectly or used the wrong fuel, doctors say. Whether cooking up burgers, kebabs or hotdogs, the use of long-handled tongs to turn the food also will help prevent searing skin or clothing. For minor burns, hold the area under cool (not cold) running water for 10 or 15 minutes or until pain subsides or immerse in cool water or use cold compresses (not ice). Cover the burn with a sterile gauze bandage and take an over-the-counter pain reliever. For major burns, seek immediate emergency medical help.

Scorching sunburn

Nasty sunburns are a common injury in the summer. With a first-degree sunburn, soothing creams such as those containing aloe vera can help, as can cold compresses. And the person should keep themselves well-hydrated with water or other non-alcoholic beverages. But with more severe burns that cause persistent redness, pain, blistering and peeling, seek medical attention. Extremely bad sunburns may need treatment with corticosteroid creams. Of course, prevention is preferable, as repeated sun exposure can give rise to serious skin diseases later in life. Keeping exposed skin slathered with a minimum of SPF-30 sunscreen is de rigueur during the summer months.

Bug bites

While warm weather gets people outside, it also brings out the creepy-crawlies like spiders and ticks, as well as summer's curse on wings — blood-sucking mosquitoes — and potentially stinging bees and wasps. As with sunburn, prevention is the best medicine when it comes to insect bites. There are a number of steps to avoid mosquito chow downs, including staying indoors from dusk until dawn when the critters are most active. Keeping ankles covered with socks and wearing long-sleeved pants and shirts — especially in light-coloured fabrics — can help keep bugs at bay. Covering exposed skin with sprays or other topical products containing DEET can also discourage the little biters, as can getting rid of standing water around the home.

Getting personal is key to selecting the right trainer

Fitness. Don't be afraid to ask lots of questions before signing up with a personal trainer that is right for you

Trust is most important when selecting a personal trainer. ISTOCK PHOTOS

Choosing a personal trainer is a lot like choosing a mate — you need someone loyal, communicative and caring. Here are some tips to help select the best one for you:

Be honest
Just like you should be honest with your physician, you should also be honest with your personal trainer — about your health and fitness goals, your health and exercise history, as well as your likes and dislikes. It is this information, along with your trainer's expertise and experience, that will assist them in developing a customized program for you.

Make sure your personalities mesh
Your training sessions should be something that you look forward to, and having a trainer that you can connect with is crucial. "Interviewing" a potential trainer during the initial training or assessment session is a great way to see if you have the right chemistry. And don't be afraid to shop around until you find it. It's so important that you work with a trainer that you feel you can trust — one who truly understands you, listens and makes each and every training session all about you.

Seek out someone committed to their education
Find a trainer who is dedicated to lifelong learning. A trainer who keeps up to date with the latest trends, the newest advances in scientific research and who also stays abreast of the most practical ways to truly engage and connect with a client demonstrates their commitment to being able to deliver the best programming and, subsequently, the best results to their clients.

Don't be afraid to ask questions
One of the telltale signs of a good trainer is someone who doesn't just give you a workout, but someone who makes each workout a fun and educational fitness experience. Tap into the wealth of knowledge that your trainer has by asking him/her questions along the way.

METRO/AMERICAN COUNCIL ON EXERCISE

Best Health

Paddle into summer's new fad sport

BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

Go paddleboarding. ISTOCK PHOTOS

Ever been tempted to try standup paddleboarding? Well, hop on board this summer. It's all the rage and it's great for the core muscles. In the summer issue of Best Health we feature an article on three women who got hooked on it. We also talked to experts about how to get started. Here are some tips to get you going:

Start with a lesson
A one- to two-hour session (usually $35 to $75) will cover the basics. And while it's a fairly low-risk sport, learning the correct form means you're less likely to hurt your shoulders or neck while you paddle. Go to paddlingcanada.com to find a certified instructor and a list of classes.

What to wear
Most people prefer bare feet and a swimsuit, although in cold waters you might want extra clothing and sometimes even a wetsuit.

Cost
A new, entry-level board ranges from $800 to $1,000, while the paddle is $70 and up. They're available at major sporting goods retailers. Or, rent equipment for much less.

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Calling all herbivores! This grilled dish is just for you

Grilled Tofu with Maple-Soy Glaze

This recipe serves four. ROSE REISMAN

ROSE REISMAN
for more, visit rosereisman.com or follow her on twitter @rosereisman

Grilled tofu with a tasty Asian sauce is a great vegetarian substitute for protein.

Be sure to purchase the firm tofu so it doesn't break apart.

If the sauce gets too thick just reheat it gently or add a little more maple syrup.

1. Cut the tofu into six equal squares.

2. Lightly coat a nonstick skillet with cooking spray and set over medium-high heat. Sauté the tofu for 4 minutes per side or until lightly browned. Place on a serving dish and keep warm.

3. To make the glaze, combine the soy sauce, maple syrup and cornstarch in a small saucepan. Whisk together until the cornstarch dissolves. Bring to a boil, then reduce the heat to low and whisk constantly for 2 minutes or until slightly thickened.

4. Pour over tofu and garnish with sesame seeds and cilantro.

Nutritional analysis

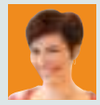
Per serving: 115 calories, 7 g protein, 15 g carbohydrates, 0.3 g fibre, 3.6 total fat, 434 mg sodium

Ingredients

- 1 12 oz package firm tofu
- 3 tbsp low-sodium soy sauce
- 3 tbsp maple syrup
- 2 tsp cornstarch
- 1 tsp sesame seeds
- 3 tbsp chopped cilantro

Health Solutions

Become a grill champion



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

You really ought to know the difference between barbecuing and grilling — if only so you can be pompous and pedantic at your next party. The differences involve time and temperature: grilling uses high heat and a quick cook, while barbecuing is low and slow and often with charcoal rather than gas. Most of us are pressed for time and that means we grill.

Mastering grilling

- Preheat your grill to maximum to heat the grate fully. It doesn't matter what the temperature gauge says, you want your food to hit a red-hot surface so it doesn't stick and it does caramelize quickly.
- Clean, scrape and oil your grill after and before each use. Old food burns and leaves a bitter taste, not to mention potential bacteria.
- Chicken benefits from a quick warm up in the microwave before grilling to ensure that it doesn't dry out before it is cooked through.
- Fish does well on foil or a grill pan that can go straight to the table so you don't leave half of the delicate flesh on the grill.
- Steak does better with a quick marinade or rub, but no salt. Salt draws moisture from the flesh.

When's dinner? **THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM**

Dinner. Avocado Linguine

NICOLE MACPHERSON
YummyMummyClub.ca

Sometimes on a rainy summer day, I get a craving for comfort food. What could be more comforting than a big bowl of pasta with cream sauce? The problem is that cream sauce leaves me feeling heavy and bloated. The solution? A sauce made from avocado that delivers the creaminess I am craving, in addition to the vitamins, fibre, potassium and good fats my body is craving.

1. Prepare linguine according to package directions.

2. While linguine is cooking, combine avocado, lemon, garlic, and olive oil in a food processor until smooth.

3. Drain cooked linguine and return to pot. Toss linguine with avocado sauce.

4. Serve topped with sliced sun-dried tomatoes and pine nuts. **YUMMYMUMMYCLUB.CA IS AN ONLINE RESOURCE TO HELP WOMEN SURVIVE MOTHERHOOD.**

Ingredients

- 3 cups cooked linguine
- 1 avocado
- 2 tbsp lemon juice
- 1 clove garlic, crushed
- 2 tsp olive oil
- 3-5 oil-packed sun-dried tomatoes, sliced
- 2 tbsp pine nuts

Falafel me this: Why not add some rice to these tasty bites?

Ingredients

- 1 cup (250 ml) dried chickpeas
- 1 small onion, diced
- 2 cloves garlic, minced
- 1/4 cup (60 ml) chopped fresh parsley
- 1 tbsp (15 ml) lemon juice
- 2 tsp (10 ml) ground cumin and ground coriander
- 1 1/2 tsp (7 ml) each salt, baking powder and paprika
- 1/4 tsp (1 ml) cayenne pepper
- 1/3 cup (75 ml) chickpea flour or all-purpose flour
- 1 cup (250 ml) cooked and cooled U.S. brown rice
- 1/2 cup (125 ml) vegetable oil (approx)

Lemon Tahini Sauce

- 1/2 cup (125 ml) tahini
- 6 tbsp (90 ml) lemon juice
- 1/4 tsp (1 ml) each salt, pepper and ground cumin
- 6 tbsp (90 ml) water

To Assemble

- 5 pita breads
- 2 or 3 tomatoes, thinly sliced
- half cucumber, thinly sliced
- 1/3 cup (75 ml) finely diced red onion (optional)

1. In large bowl, pour enough cold water over chickpeas to cover by 2 inches (5 cm); let stand for at least 4 hours, or overnight. Drain well.

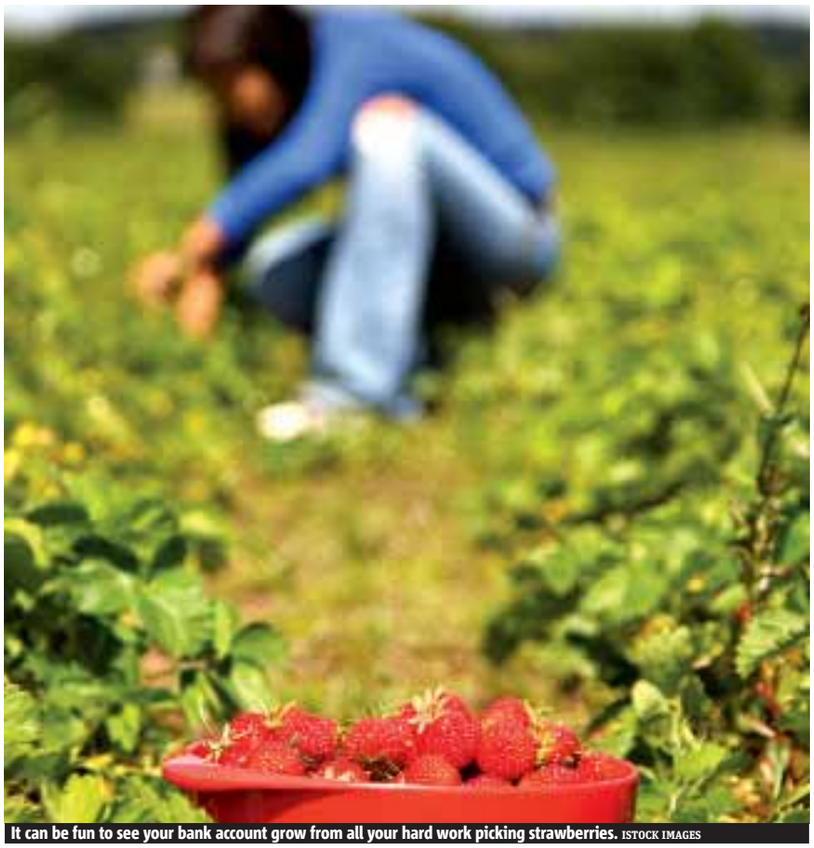
2. In food processor, coarsely chop chickpeas, onion, garlic, parsley, lemon juice, cumin, coriander, salt, baking powder, paprika and cayenne, stopping to scrape down sides once or twice. Add flour until blended, about 5 seconds. Add rice, pulsing just until incorporated, with some grains remaining. Let stand for 30 minutes, or cover and refrigerate for up to 12 hours.

3. Pour enough oil in heavy-bottomed skillet to come 1/4 inch (5 mm) up side of pan; heat over medium heat. Shape mixture by heaping tablespoonfuls into balls; flatten to 1/2 –inch (1 cm) thickness. In batches, fry falafel patties, turning once, until golden brown and cooked through, about 5 minutes. Transfer to paper towel-lined plate to drain. Transfer to baking tray and keep warm in 200 F (100 C) oven while cooking remaining patties.

This recipe makes 30 pieces. RICEINFO.COM

4. Lemon Tahini Sauce: In small bowl, whisk tahini with lemon juice, salt, pepper and cumin until smooth. Whisk in enough water to make pourable sauce.

5. Cut each pita in half; open to form pocket. Stuff each with 3 falafel patties, plus some tomatoes and cucumber. Drizzle with lemon tahini sauce; sprinkle with red onion, if using. RICEINFO.COM



It can be fun to see your bank account grow from all your hard work picking strawberries. ISTOCK IMAGES

Ain't no rest for the children, cuz money don't grow on trees

YOUR MONEY
Alison Griffiths
money@metronews.ca

With luck, you have a working kid in the household this summer. An income is a wonderful thing when you're young. Whether it comes from mowing grass for neighbours, walking dogs, babysitting or even a lemonade stand, earned money is different than an allowance bestowed by mom and dad.

What youngsters do with those first job dollars can lay down a lifetime pattern of saving and spending.

Let kids make mistakes, by all means. I blew my first dollars earned picking strawberries on candy to feed a voracious sweet tooth. But soon I realized that saving was quite a pleasurable experience.

Kids usually love to see their money grow in a piggy bank or a real bank. However, parents should also guide their spending. Saving involves not doing something, i.e. spending. On the other hand, spending is all about doing, i.e. buying.

Most people focus on saving as a key first financial lesson. But I find that children respond better, and learn more, by becoming smart spenders. Making the decision to buy this and not that hones a whole different set of skills than simply stashing money.

In fact, smart spending actually leads to saving as children quickly learn that if they want awesome Thunder trucks and an Almost deck for their skateboarding passion, they have to save. The easiest way to teach good spending habits without being heavy-handed is to pose this question: "How do you want to spend your summer money?"

Simply initiating the conversation makes a child feel responsible and, indeed, powerful. This all-important question raises all kinds of possibilities. Often youngsters don't differentiate between what they want now and what they might want later.

Parents can seed their thoughts on spending by bringing the future into focus — summer or winter holidays, a big school trip or a visit to grandparents. All might entail spending — which means saving now.

Instead of divvying up summer money in the classic way of spend, save, share, concentrate on allotting it to spending. Short, medium and long-term saving will flow naturally out of this.

Contact Alison at griffiths.alison@gmail.com or alisongriffiths.ca

Give kids an active (not idle) summer

With another school year in the books, Lyne Proulx is working to help ensure her son's summer down time will be more active than idle.

Proulx, from Ottawa, said her 14-year-old, Mathieu, will be helping at his grandfather's farm as well as exploring potential volunteer activities. Mathieu will likely attend day camp, as he did last summer, where he enjoyed a range of fun-filled activities. But Proulx said it won't dominate his vacation time.

"He's 14. He's not going to want to go all summer," said Proulx, founder and editor of the Ottawa Mommy Club, a moms and kids online magazine. "We do little getaways. Every week there's something planned." Proulx has had support from fellow parents, noting that when the kids were in the nine-to-11 age range, adults who were free on particular weeks would take turns rounding up the youngsters for an activity. For parents of kids who may be too young for a job or are seeking an activity that's an addition or alternative to camp this summer, here are three ways to keep them engaged.

Take on a project

Summer can be prime time to have kids tackle a new, creative challenge — and one that's a team effort. Bunch Family founder Rebecca Brown, whose website is devoted to arts, news and culture for parents, said she's heard of families who team three or four kids to take on a collective project, which could involve working on coding or creating an art installation. "It provides some structure for kids to spend their summer pursuing things that they're passionate about as a group," said Brown, a mother of two. Parents who may be lacking in technical skills or expertise needn't worry: there are plenty of kid-targeted offerings to help guide youngsters keen to try their hand at computer programming. Scratch is a project of the Lifelong Kindergarten Group at the Massachusetts Institute of Technology (MIT) Media Lab. Provided free, it's designed for kids aged eight to 16, allowing them to program interactive stories, games and animations they can then share online. Meanwhile, the Hopscotch app offers kids an introduction to programming, permitting them to create games and animations.

Get hooked on books

Got a bookworm in the family? Brown said parents can help create some structure around their child's love of reading by crafting a summer challenge, such as aiming to finish reading a designated number of books during their vacation. Regardless of whether or not kids are avid readers, there are ways to transform this typically solitary activity into an engaging group effort. The B.C.-based Teen Reading Club (TeenRC) lets youngsters convene online to share views on a vast range of books from classic to contemporary fare, post reviews and comments and share creative projects inspired by their favourite reads.

Lend your time

GetInvolved.ca aims to help simplify the process for youngsters on the hunt for volunteer opportunities by allowing applicants to narrow potential postings based on areas of interest and skill set. According to the site, summer is prime recruitment time for events-based opportunities, and individuals can also pursue virtual volunteering opportunities.

The Nature Conservancy of Canada encourages individuals to share how Canada's natural places inspire them by using creative outlets such as writing or artwork. People of all ages can sign up to be roving reporters, submitting newspaper-style articles, non-fiction stories, photo essays and blog posts highlighting the work of conservation volunteers. "Not everyone can make it out into the field, but we think that encouraging people to have a positive experience related to nature is really a great thing," said Lisa McLaughlin, manager of conservation compliance with the Nature Conservancy of Canada. "This is just one more way for people to be engaged."

THE CANADIAN PRESS

The Jets retain the NHL rights to Alexander Burmistrov, though the 21-year-old centre has signed on to play in the KHL. GETTY IMAGES FILE

Burmistrov takes off to play in KHL

NHL. Jets lose restricted free agent after 21-year-old centre signs to play in native land

Scratch one restricted free agent off the Winnipeg Jets' negotiation list. Alexander Burmistrov has parted company with the NHL, at least for now.

Burmistrov, who fell out of favour with coach Claude Noel for a time last season, has signed a two-year deal with Ak Bars Kazan of Russia's Kontinental Hockey League.

"Through our conversations and correspondence with Alex and his agent, it became apparent Alex had a desire to continue his development as a young player in the KHL," Jets general manager Kevin Cheveldayoff said in a brief statement Monday.

"He remains a very talented player within the Jets organization and we will continue to monitor his progress and development going forward."

The Jets retain his NHL rights. He was earning $1.5 million a year and was one of 13 players on the list of restricted free agents the Jets have been negotiating with in recent weeks.

The 21-year-old centre had just four goals and six assists in 44 games last season, after spending the lockout with the Jets farm team in St. John's, N.L., where he had two goals and nine assists in 22 games.

He also spent time riding the Jets' bench last season, perhaps because Noel wasn't happy with his slow adoption of the more north-south style of play he was encouraging. The coach kept his reasons to himself.

Burmistrov is a native of Kazan, Russia, and played one game for Ak Bars in 2008-09, before leaving to join the Barrie Colts of the Ontario Hockey League.

He didn't get long in the OHL to develop his skills. The Atlanta Thrashers made Burmistrov the No. 8 pick in the 2010 NHL entry draft and inserted him into their lineup the next season.

More than a point-a-game player in the OHL, Burmistrov never had more than 28 points in an NHL season.

THE CANADIAN PRESS

Time to develop

The way Alexander Burmistrov was handled is in sharp contrast to the way current Jets management have handled centre Mark Scheifele.

- Scheifele, the seventh overall pick in the 2011 draft, spent most of last season playing for the OHL's Barrie Colts.
- Scheifele, 20, is expected to crack the Jets lineup this season.

CFL

Stampeders QB Tate's health in question again

Calgary Stampeders quarterback Drew Tate has a strained forearm muscle in his throwing arm. Tate was on the field for Monday's practice at McMahon Stadium but didn't throw any passes. THE CANADIAN PRESS

Hockey Hall of Fame

GM Lamoriello hopeful this is Burns' year

Lou Lamoriello gets chills at the suggestion that Pat Burns could be inducted into the Hockey Hall of Fame some three years after his death.

"He loved the game, was very successful at what he did," the New Jersey Devils general manager said of the late head coach. "I would be just ecstatic if Pat went in."

The 2013 class will be announced Tuesday, and Burns is one of a few borderline candidates again, joining the likes of two-time Stanley Cup-winning Philadelphia Flyers coach Fred Shero and Hart Trophy-winner Eric Lindros. A couple of the best defencemen of the 1990s — Chris Chelios and Scott Niedermayer — are favoured to get in, but after that it's up for debate.

THE CANADIAN PRESS

NHL

"There's still times that you can go out and get a hit and get big hits that are clean."

Forward Matt Cooke, saying he wants to shed his dirty player image with his new team, the Minnesota Wild.

Chris Weidman, left, and Anderson Silva embrace after Saturday's match in Las Vegas. THE ASSOCIATED PRESS

White touting Silva-Weidman sequel as UFC's biggest fight ever

A pumped-up Dana White headed to the gym Monday morning and started planning Silva-Weidman 2.

"It will be the biggest fight we've ever done in the UFC," the UFC president told The Canadian Press from Las Vegas.

Biggest because Chris Weidman upset Anderson Silva on Saturday night in Las Vegas. And because of the manner in which the middleweight champion was dethroned.

The 38-year-old Silva, who had won all his of 16 previous UFC fights, clowned his way to a loss. As he had done in other recent bouts, he dropped his hands and egged his opponent to hit him. In the past, his reflexes had kept him out of harm's way. But this time Silva got clocked in the second round and went down. Referee Herb Dean stepped in after Weidman got in a flurry of blows on the champ as he lay on his back.

White called UFC 162 the most-pirated event in the organization's history.

THE CANADIAN PRESS

Horoscopes

♈ Aries
March 21 - April 20
What you have to do today will only be a chore if you think of it as a chore. Remember too that although your head may be full of big ideas, it's taking care of the little things that makes a difference.

♉ Taurus
April 21 - May 21
You may be a bit old-fashioned in some things but in others you are light years ahead of everyone else and what you dream up today could make you a fortune tomorrow.

♊ Gemini
May 22 - June 21
If you are happy with the direction your life is moving that's great. If, however, you think there is a better route to where you want to go then maybe you should make changes. Think about it today.

♋ Cancer
June 22 - July 23
The planet Mercury rules reason and common sense but as it is currently moving retrograde through your sign it's quite likely that your thinking is a bit mixed up.

♌ Leo
July 24 - Aug. 23
Yesterday's new moon gave your confidence a boost but there is still a lot of hard work to be done before your number one dream can come true. Remember you live in the real world, not a dream world.

♍ Virgo
Aug. 24 - Sept. 23
Over the next few days you will notice an improvement in your affairs, at home and at work. Today though you will have to deal with someone who rubs you the wrong way.

♎ Libra
Sept. 24 - Oct. 23
Be nice to people today but don't go too far or they may see it as a sign of weakness. On the work front especially, you need to look and sound as if you know what you are doing.

♏ Scorpio
Oct. 24 - Nov. 22
There is no point getting involved in a fight you are unlikely to win. It's all about percentages: If the odds are stacked against you then why waste time and energy trying to improve them? Move on.

♐ Sagittarius
Nov. 23 - Dec. 21
The planets warn this is not a good day to take chances with money. Mercury's deceptive influence will encourage you to take a risk that could end in disaster. Steer clear.

♑ Capricorn
Dec. 22 - Jan. 20
What starts out as a simple conversation could quickly degenerate into a severe disagreement, but now you know that you will resist the urge to tell people why they are wrong and you are right.

♒ Aquarius
Jan. 21 - Feb. 19
You may have checked the facts of a situation already but check them again. Today's Sun-Mercury link makes it easy to overlook something small that is of huge importance.

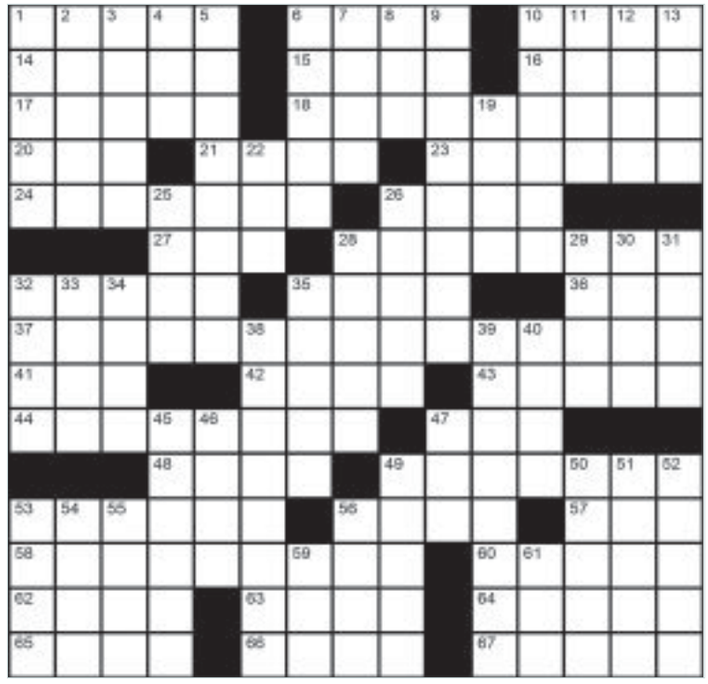
♓ Pisces
Feb. 20 - March 20
The good news just keeps on coming! What you hear today will cheer you up but if you are smart you will realize it is not quite as amazing as some people claim.

SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

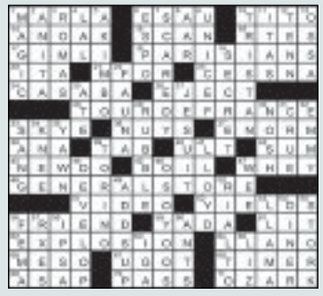
BY KELLY ANN BUCHANAN



Across
1. Wedding gown neckline, __-catcher
6. Wagon
10. The Dalai __
14. Exterior
15. Repenter
16. Santa __ (Hot winds)
17. Change __ _ prince (Be the fairy tale frog, do this)
18. Winnipeg Blue Bombers home, __ Group Field
20. Whopper
21. Biblical verb
23. Have _ __ (Show mercy)
24. Military†rank signifiers
26. Our version of the CIA
27. Elton John's title
28. RCMP officers
32. Own up to
35. Luxury label
36. Eggs, Latin-style
37. 'The Godfather of Canadian Hip-Hop': 3 wds.
41. Hockey great Bobby
42. Klutzes
43. Suppress
44. Cowboy hats
47. Merriment
48. Let up
49. Nickname of the Toronto Argonauts
53. Declare
56. Wheat __
57. Whitesnake hit: "Here _ __ Again"
58. Governor General of Canada from 2005 to 2010, __ Jean
60. Rankin __, Nunavut
62. Sister on "Charmed"
63. Origin
64. Spicy sauce
65. __ orders, as on menus
66. Some sandwiches
67. Big name in hotels

Down
1. Springs
2. Put the machine to use: 2 wds.
3. Speak
4. __ periculo (At my own risk, in Latin)
5. Actor in Shania Twain's "That Don't Impress Me Much": 2 wds.
6. Illusionist Mr. Angel
7. Uncle's wife
8. Increase, with Up
9. Pirate's hoard
10. Most recent
11. Old World buffalo
12. Dave __ (1965 PGA Championship winner)
13. Legal drama job, __. DA
19. Knee-to-ankle midpoint
22. Poet's 'over'
25. Egyptian goddess
26. Beer brand, __ Light
28. Annoys
29. Des Moines' state
30. Pre-day nights
31. Beauty pageant contestant's accessory
32. Book of __ (Old Testament book)
33. Pub game prop
34. Mother: French
35. Halifax-born singer, Melanie __
38. Alarm clocks on farms
39. BC community called the 'Outdoor Recreation Capital of Canada'
40. Actress, Helen __
45. Small chuckle
46. Cake make, __ Lee
47. Pro
49. Red veggies
50. Ms. Jovovich of movies
51. Discharge
52. __ __ home (Out)
53. Rocker's speakers
54. iPhone's voice-activated helper
55. Gulf War missile
56. Clump
59. Mr. Ferrigno
61. Yea's opposite

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

1		8		2		4	7	
	7	6						
			4					3
5		4	1					
8			6		2			5
					7	2		4
9					4			
						3	5	
	6	2		5		8		1

Yesterday's Sudoku

Weather

TODAY	WEDNESDAY	THURSDAY
MAX: 23° MIN: 14°	MAX: 27° MIN: 15°	MAX: 29° MIN: 18°

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